

## **Claims**

What is claimed is:

1. An apparatus comprising:  
an indicator for indicating the optimal position and orientation for holding a device; and  
a means for affixing the indicator to the device.
2. The apparatus of claim 1 wherein the indicator is shaped as one or more human hands.
3. The apparatus of claim 2 wherein the human hands are a right human hand and a left human hand.
4. The apparatus of claim 1 wherein the indicator is made of a material that is visible in the absence of an external light source.
5. The apparatus of claim 1 wherein the means for affixing the indicator to the device is an adhesive on the indicator.
6. The apparatus of claim 1 wherein the means for affixing the indicator to the device comprises ~~Velcro~~ VELCRO™ on the indicator and corresponding ~~Velcro~~ VELCRO™ on the device.

7. The apparatus of claim 1 wherein the device is a medical walker.
8. A method comprising:  
determining an optimal position and orientation for holding a device; and  
affixing an indicator to the device to indicate the optimal position and orientation.
9. The method of claim 8 wherein the indicator is shaped as one or more human hands.
10. The method of claim 9 wherein the human hands are a right human hand and a left human hand.
11. The method of claim 8 wherein the indicator is made of a material that is visible in the absence of an external light source.
12. The method of claim 8 wherein affixing the indicator to the device is effected through an adhesive on the indicator.
13. The method of claim 8 wherein affixing the indicator to the device is effected through ~~Velcro~~ VELCRO™ on the indicator and corresponding ~~Velcro~~ VELCRO™ on the device.
14. The method of claim 8 wherein the device is a medical walker.

15. The method of ~~claim 1~~ **claim 8** wherein the optimal position and orientation for holding the device is determined by a manufacturer of the device.

16. The method of ~~claim 1~~ **claim 8** wherein the optimal position and orientation for holding the device is determined for a specific user of the device.

17. The method of claim 14 wherein the optimal position and orientation for holding the medical walker is determined by a medical professional.